

9 Ways to Reduce Infant Mortality

1. Ensure pregnant women have access to and receive adequate prenatal care.
2. Reduce the number of teen pregnancies.
3. Reduce the number of pre-term babies(<37 weeks gestation) by
 - a. Reducing the number of women using drugs and alcohol during pregnancy
 - b. Reducing the number of women who smoke during pregnancy
 - c. Increase the amount of folic acid a woman gets before and during pregnancy
 - d. Increase the number of women that maintain a healthy weight during pregnancy, since obesity has been linked to pre-term labor.
 - e. Increase the number of women that choose natural child birth, by reducing planned c-sections or medically induced labors.
4. Increase the number of mothers that breastfeed their infants.
5. Decrease infant exposure to secondhand smoke and other risk factors for Sudden Infant Death Syndrome “SIDS”.
6. Encourage “back to sleep” programs that highlight the importance of putting babies to sleep on their backs.
7. Teach parents the dangers of “shaken baby syndrome” and offer skills to cope with stressful situations.
8. Teach parents how to correctly install and use infant car seats and reduce other safety hazards.
9. Increase the number of women that graduate high school. Higher levels of education are linked to better infant care.

For more information about preventing infant mortality please visit these websites:

www.cdc.gov/parents

www.nyhealth.gov/community

www.marchofdimes.com

